

# ARISE

DIRECTOR: SABINE INGERSON

OSWEGO COUNTY EDITION

OCTOBER 2009

## Center for Independent Living

**ARISE Oswego**  
**9 Fourth Avenue**  
**Oswego, NY 13126**  
**(315) 342-4088**

**ARISE Pulaski**  
**2 Broad Street**  
**Pulaski, NY 13142**  
**(315) 298-5726**

### What's inside:

- 1 DMD
- 2 ARISE Groups
- 3 Other Announcements
- 4 The Transition Corner
- 5 Educate & Advocate
- 6 NYS Fair/Thank You
- 7 The Ramp Project
- 8 Children's Fun Page
- 9 October Calendar
- 10 Other Information



*Our mission is to work with  
people of all abilities to  
create a fair and just  
community in which  
everyone can fully  
participate.*

## Disability Mentoring Day

By: Darlene Klock

October is Disability Awareness Month!

In an effort to promote nationwide awareness for people with disabilities in the workplace, the Oswego County Placement Network will be hosting it's annual Disability Mentoring Day.

Disability Mentoring Day is an event where students and adults with disabilities (mentees) are paired with workplace employees (mentors) according to their career interests. Mentees will experience a typical day learning the hands-on skills and gaining insight to a typical day in their chosen line of work.

Not only does this provide a great opportunity for mentees, but employers gain an increased awareness for people with disabilities, a pool of talent often overlooked.

Disability Mentoring Day began in 1999 and was first started as part of a White House initiative with three-dozen participants to increase the profile of people with disabilities in an employment setting.

The goals of Disability Mentoring Day are to:

- Enhance internship and employment opportunities for people with disabilities.
- To promote disability as a central component of diversity recruitment for a more inclusive workplace.
- To dispel fears about hiring people with disabilities.
- To increase confidence among individuals and job seekers with disabilities.
- To launch a year-round effort to foster mentoring opportunities.

This year's event will kick-off at 8 a.m. at the American Foundry, 246 W. Seneca St., Oswego, NY on November 4, 2009.

## ARISE GROUPS

### Self-Advocacy Group

October 19th - 12:00 p.m. - 1:00 p.m.

Self-Advocacy is a group for people who want to advocate for change. At each meeting we discuss issues of accessibility and how they can be corrected. For additional information, or if you have an issue you would like the group to advocate for, please contact Ken Skillen at 342-4088 ext. 226.

### Teen Group

October 24 - 5:00 p.m. - 8:00 p.m.

This group is open to any teen (ages 13 - 21) with a developmental disability. This month the Teen Group will be heading to 5th Annual Costume Barn Dance at the Farm in Chittenango. For more information, call Heather Lee at 342-4088 ext. 243.

### Social Club

October 19th - 1:00 p.m. - 2:00 p.m.

Please join the Social Club for our Halloween Party! Costumes are optional. We will be having light snacks and doing crafts. For more information, contact Melissa Reeves at 342-4088 ext. 207.

### Central Square Social Club

October 24 - 5:00 p.m. - 8:00 p.m.

This month, the Social Club will be joining the Teen Group as they head to the Annual Costume Barn Dance at The Farm. If you would like to be added to the email list that goes out announcing these events, please email [vaffinati@ariseinc.org](mailto:vaffinati@ariseinc.org) or call 668-4231 ext. 2108 if you want to be called or mailed information about the group activities.

### Sibshops

#### No October Meeting

There will be no Sibshops meeting month. Information on November's meeting will be mailed out when it is available. If you have any questions about Sibshops, you may contact Lisa Seguin at 342-4088 ext. 208.

### SPECTRUM Meeting

October 22nd - 6:00 p.m. - 8:00 p.m.

The SPECTRUM parent group will be meeting for a presentation from Legal Services. If you would like to be added to the email list that goes out announcing these events, please email [vaffinati@ariseinc.org](mailto:vaffinati@ariseinc.org) or call 668-4231 ext. 2108 if you want to be called or mailed information about the group activities. More info on page 4.

### The Vision Network

October 20th - 2:30 - 4:00 pm

There will be a discussion about at the upcoming meeting on White Cane Safety Day as well as outreach to individuals living in senior housing. For more information, contact Sabine Ingerson 342-4088 ext. 210

### Hearing Loss Group

October 8th - 1:00 - 2:30 p.m.

Information on the next meeting will be mailed out when it becomes available. For more information, contact Sabine Ingerson at 342-4088 ext. 210

### **Moved?**

If you have moved or have a new address, please let us know! Contact ARISE to update your address for our records, our newsletter and voter registration.

### **Going Green**

In an effort to cut down on excess paper consumption, you now have the option of receiving the ARISE newsletter by e-mail! If you are interested, please contact Katelyn at 342-4088 ext. 209 or e-mail your request directly to: kbolen@ariseinc.org

### **CENTRO**

For consumers and visitors who travel to ARISE via the Centro bus, you are now able to request a stop at the ARISE office. This comes after the hard work of the Self-Advocacy Council who approached the Centro service about having a regular stop in front of the Oswego ARISE office. To be dropped off at the Oswego ARISE location, you should call ahead to the Centro station at least an hour in advance to request the stop. The bus will then deviate from its intended drop-off spot and let you off at ARISE. To be picked up at ARISE, please let the operator know what time you intend to be on the bus. Centro provides a great service to ARISE and its visitors, if you have any questions, contact Centro at 342-4400.

## **YOU ARE INVITED TO OUR 5TH ANNUAL COSTUME BARN DANCE**



**ARISE at the Farm - Recreation for People of all Abilities.  
1972 New Boston Road, Chittenango, NY (315) 687-6727**

**October 24, 2009**

**5:00 p.m. - 8:00 p.m.**

**Costume Contest at 6:30 p.m.**

**Hayrides, Bonfire, Light Refreshments and FUN!**

**\$5.00 per person (\$25.00 family maximum)**

### **Be sure to join us for these other free activities:**

2 - 4 p.m. - Pumpkin Carving: Bring a pumpkin carver and either your own pumpkin or choose one from our "patch!"

4 - 5 p.m. - Chili Cook-off: Bring a batch of your best chili for everyone to sample and vote for!

4 - 5 p.m. - Pie Contest: Bring your best pie and vie to be voted #1!

**The Chittenango Rotary Club Chuck Wagon will be offering hotdogs, hamburgers and potato chips. They will be on sale from 4 p.m. until 6 p.m.**

**Proceeds will benefit ARISE at the Farm.**

## **The Transition Corner**

By: Vicki Affinati

### **How Does a Parent Realize What Progress Their Child is Making In School?**

The IEP must provide a statement of how the student's parents will be regularly informed of their child's progress toward the annual goals.

Regular reports to parents provide a way to monitor a student's progress toward the annual goals and to evaluate the effectiveness of the student's special education services. The process of assessing, evaluating, and reporting student progress enables the school and the parents to monitor student learning and identify what action, if any, is needed to help a student succeed. If progress is such that the student is expected to reach his/her annual goals, the Committee should review and, if appropriate, revise the student's IEP to ensure the student is being provided the appropriate supports and services.

The report of the child's progress must inform parents of their child's progress toward the annual goals and whether this progress is sufficient in order for their child to achieve the goals by the end of the school year. Goals must be established that are measurable so that progress can be adequately assessed. To report student progress the teachers must have gathered evidence of what students are able to do in each annual goal area.

Based on the unique needs of the students the manner selected to inform the parents of their child's progress might vary from student to student. There are many ways a student's parents can be informed of their child's progress. They can have periodic parent-teacher conferences, written progress reports and student-parent-teacher conferences. The reports need to be informative and not burdensome or lengthy. The progress report to parents should be in addition to the student's regular report cards that provide grades for courses or subject areas.

### **Legal Services Hosted by ARISE**

The Central Square ARISE SPECTRUM Parent Support Group is hosting Legal Services of Central New York, Inc. on October 22<sup>nd</sup>. Someone from Legal Services will be doing a presentation on *The IEP: Rights and Responsibilities - With a Focus on Implementation*. This is open to anyone and is being held at the First Universalist Church on Route 49 in Central Square. There will be a time for questions and answers at the end of the presentation, which will run from 6 PM to 8 PM. If you have any questions, please call Vicki Affinati at 668-4231 ext. 2108 or email [vaffinati@ariseinc.org](mailto:vaffinati@ariseinc.org).

## **A Parent's Perspective: Educate and Advocate**

When Lisa Seguin's twin daughters were born in 1998, one of the girls was diagnosed with Down syndrome. She recalls, "I felt it was necessary to learn as much as possible and to find a path of acceptance for my daughter."

She began by networking with parents in similar circumstances, people who had learned effective ways to cope with medical issues and knew the "ins and outs" of the education system. And, like many other parents in her situation, she got involved. She was part of the local Early Intervention Committee and also joined the Family Support Services Council.

Lisa's experiences prompted her to start a new career that gives her the chance to help people with disabilities. She was recently promoted to the position of Senior Service Coordinator with ARISE, a non-profit agency that provides advocacy and services for people with disabilities.

Now, more than a decade later, parents of children with special needs still face challenges, but the work of Lisa and others makes it easier to find support than in the past. One way for parents to learn from others, and perhaps make some new friends, is by attending ARISE's upcoming "Dine & Discuss" series. The series, which take place one evening a week for eight weeks, gives parents a chance to have dinner, learn coping and de-stressing techniques, and gain information and support from other parents who are in the same situation.

A key feature of ARISE's "Dine & Discuss" series is that parents can bring their child who has a developmental disability with them. While parents are relaxing over dinner, their children attend a structured Social Skills Group, a place where they learn to enhance their communication techniques, engage in cooperative play, and identify and understand their emotions.

Lisa Seguin's daughter, now eleven years old, receives support to build the skills she needs to live as independently as possible, and also participates in a recreational respite program. The combination allows the 'tween to take swimming lessons and attend social events with other youth.

Lisa continues to advocate for programs that support the parents of children with disabilities. She advises other parents to "learn about the medical challenges, but always remember you need to look beyond the diagnosis and see your child as a child first."

ARISE's "Dine & Discuss" series kicks off on October 14 at 5:30 p.m. at the agency's Oswego office. To learn more or register, contact Maria Ponzi at ARISE at (315) 342-4088, ext. 242.

## **Fun at the State Fair**

By: Kathy Ochs

My Integration Specialist worker Kimberly Dusharm and I, Kathleen Ochs, went to the State Fair on September 1st, 2009.

It was Senior Citizen's Day. We started out at 8:00 a.m. and we were back by 7:00 p.m. We rode the Centro Bus to and from the State Fair. I paid \$1.60 and Kimberly had to pay \$3.25. I paid less because I have a disabled Centro card.

When I got to the Fair, I got some food. It was a gyro.

I got to see colored chickens, extra large rabbits and large ducks. I got to pet a horse and get my picture taken with it. I also brought a pink cowboy hat and got my picture taken with the ducks and rabbits. I also got my picture taken looking like a cow.

I played 3 games and won 3 times. I saw the seals swimming. There was so much to see and do at the Fair. I had so much fun. I'm glad Kimberly went with me, she's a lot of fun. I've been to the State Fair 3 times and plan on going next year. I hope to see you there.

Kathleen Ochs

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## **ARISE Social Group Participates in Celebrate Mallory**

Participants of the Central Square Social Group marched in the parade held at the Celebrate Mallory Festival on September 12th. Karen Skinner, her son Joe, as well as Anthony Beauchamp-Rambone and Integration Specialist worker Joy Bodewes all had a wonderful afternoon carrying the ARISE banner for all to see.

Vicki Affinati, coordinator of the social group was also there to march with the youth and provide information about ARISE.

The Central Square Social Group meets monthly to enjoy community activities and to socialize with their peers. To learn more about the group, contact Vicki Affinati at (315) 668-4231 x 2108 or by e-mail at [vaffinati@ariseinc.org](mailto:vaffinati@ariseinc.org)

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## **Thank You's**

- Owners Tom Pizzuto and Linda Hilton of The Elms Golf Course for use of their facility during the ARISE Golf Clinic
- Scott Hilton and Mitch Krebs for their participation and help teaching golf skills
  - The Starlight Driving Range in Pulaski for use of their facility during the ARISE Golf Clinic
  - Lupien's Gifts for their donation of trophies and engraving
  - Dave Branfield for his donation of a computer and its components
- The United Methodist Church of Oswego and all the ramp building volunteers

## **Church Members Conclude Ramp Building Season**

By: Sabine Ingerson

Wanting to help those in need is the reason why a group of members of the First United Methodist Church of Oswego have spent many Saturdays this summer building ramps to help individuals of our community get in and out of their homes safely.

When visiting with Ricky Lyboul and his family the day a ramp was built on his home, it became clear to me how much the ramp means to him. He shared with me that his sister, who is exactly 5 years younger than he, had a brain injury more than two years ago while living in South Carolina. The aneurism left her in a coma for weeks, but through medical interventions, therapy and the support of her family, she is now able to speak and wants to be home. The plan is to move her in with his family.

“Having her come to live with me means everything to me,” he said. The first Call-N-Ride trip is already scheduled to have her visit him. His sister has applied for the TBI waiver to make the interior of the home more accessible and to receive other services that will allow her to be successful living in the community.

This year, four of the ramp recipients were in a nursing home or rehabilitation center and could not come home, a place they longed to be, until a ramp was constructed. All of this would not have been possible without the donation of \$7,500 from Entergy in addition to the \$2,500 received earlier this year from National Grid. A total of 14 ramps were built this year in collaboration with ARISE and the First United Methodist Church of Oswego.



Volunteers of the United Methodist Church of Oswego constructed a ramp at the residence of Ricky Lyboul in anticipation of his sister's return home.

Children's Fun Page

Z H I Y N X E Z I A M  
 G W S A H K S N H N E  
 L O E D Z C S E S I Q  
 E C M S F I V E E K E  
 A T U U N R T W L P E  
 V O T B M T A O P M D  
 E B S M U S E L P U I  
 S E O U T T R L A P R  
 H R C L U A T A U Z Y  
 N J G O A B E H L U A  
 A R J C C A N D Y T H

Apples  
 Autumn  
 Bats  
 Candy  
 Columbus Day  
 Costumes  
 Halloween  
 Hayride  
 Leaves  
 Maize  
 October  
 Pumpkin  
 Treat  
 Trick

<http://www.puzzle-maker.com>

Instead of throwing out all the seeds from your pumpkins this year, why not toss them in the oven for a fun, nutritious treat?

**What you'll need:**

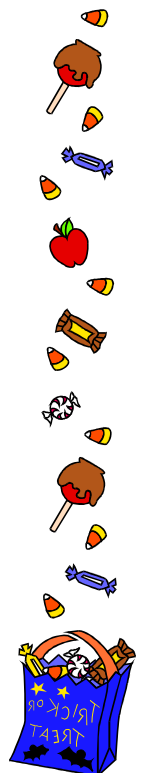
- Pumpkin seeds, rinsed, dried and separated from pulp.
- Skillet
- Oil or butter
- Seasoning of your choice (salt, cinnamon, sugar, etc.)

Over medium-low flame, heat oil or butter and toss seeds into skillet.

Stir to prevent seeds from sticking. They will expand as they begin to cook.

When seeds are golden brown, remove from heat and sprinkle with salt or seasoning of your choice. Once they have cooled, you can enjoy your snack!

These seeds will store for up to a month if stored in an air tight container!





# October 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>October is National Breast Cancer Awareness Month!</b>				1	2	3 Pumpkin Fest Washington Square Park Oswego
4 Pumpkin Fest Washington Square Park Oswego	5	6	7	8 Hearing Loss Group 1 - 2:30	9	10 Senior Health & Information Fair 10 - 2:30
11	12 Columbus Day  Office OPEN	13	14 Dine & Discuss Social Skills 5:30 - 7:30	15 White Cane Awareness Day	16 National Boss Day	17
18 Hearing Aid Awareness Week 18th - 24th	19 Self - Advocacy 12 - 1 Social Club 1 - 2	20 Vision Network 2:30	21 Dine & Discuss Social Skills 5:30 - 7:30	22 Legal Services Presentation in Central Square 6 - 8	23	24 Costume Barn Dance ARISE at the Farm 5 - 8
25	26	27	28 Dine & Discuss Social Skills 5:30 - 7:30	29	30	31 Happy Halloween! 

# Oswego County Edition

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TTY: (315)342-8696  
www.ariseinc.org

Address Service Requested

Mailing  
Address  
Goes  
Here



OSWEGO COUNTY EDITION

## **Do you want to make a difference?**

Have you ever considered working for ARISE as an Integration Specialist? Permanent part-time positions are available working with individuals with disabilities in their homes and/or community, in our Residential and Day Habilitation Programs throughout Oswego County. As an Integration Specialist your job would be to assist people with disabilities learn to live a more independent life.

Required: High School diploma (or equivalent). Associates degree or experience working with individuals with disabilities is preferred. Applicants must be at least 18 years of age with valid driver's license; and be willing to work flexible hours in the late afternoon, and /or early evenings. A background check is required for employment. Persons with disabilities and/or minority status are encouraged to apply. Rate starts at \$9.00 an hour, or higher depending on experience.

Forward resume to:

ARISE

Attn: Community Services Manager

9 Fourth Avenue

Oswego, NY 13126

or e-mail to [lsperino@ariseinc.org](mailto:lsperino@ariseinc.org); or fax to (315) 342-4107